



SPEAKING OUT
TEEN TALKS ABOUT
DEALING WITH
SELF-INJURY {page 16}

PIZZA LOVERS UNITE
BOTH PARENTS AND
KIDS WILL ENJOY THIS
HOMEMADE DISH {page 17}



SUPERMOM
ALBA'S SAVING THE
WORLD AND AWAITING
DIAPER DUTY {page 15}



CALGARY

metro®

Monday, August 15, 2011
www.metronews.ca



News worth sharing

JEREMY NOLAIS/METRO



► Elodie Nana lives across the street from the Cranston home where a baby was slashed Saturday, and had briefly met the couple living there before. "It's a catastrophe.... I'm scared," said the mother of two.

Dad charged after baby found with slash marks

► First court appearance for father, 32, this morning ► Child in stable condition



JEREMY NOLAIS
@METRONEWS.CA

Police have laid an attempted murder charge against a Calgary father after his 11-month-old baby was found with "significant" slash wounds to his neck and abdomen.

The incident occurred shortly after 4 a.m. Saturday in the southeast community of Cranston.

Staff Sgt. Kelly Campbell said the wounds were inflicted using a knife in the kitchen of the home where the youngster lived.

She said quick-thinking officers arriving on scene were able to disarm a man found in the home, and the child was rushed to hospital with potentially life-

threatening injuries.

"It looked like the male was agitated, in a state of disarray," Campbell said.

Word of charges laid against the boy's father yesterday sent further shockwaves through Cranston, as parents could barely stomach details of the alleged crime.

"I'm appalled, disgusted, speechless," said Deanna Christensen, who has a one-year-old baby of her own.

"I can't believe this happened in our community."

The child is expected to make a full recovery.

To protect him, the identity of the accused is not being released.

Why settle for old technology? Get LASIK!



Before Laser
Vision Correction

Laser vision correction starting at

\$490 /eye*

LASIK MD
VISION

FREE Consultation: 1-877-554-9888

www.lasikmd.com

CALGARY: 734 7th Avenue SW, Suite 900

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable for surgery on both eyes only.



ESCALADE CLEAR OUT

#1 FOR A REASON! OUR PRICES CAN'T BE BEAT!



17 USED
ESCALADES
IN-STOCK!

Scan to view
our Escalade
inventory



2 TO CHOOSE FROM **2011 CADILLAC ESCALADE** FROM **\$68,995 | \$509 B/W**

STK# U6575A

4 TO CHOOSE FROM **2010 CADILLAC ESCALADE** FROM **\$59,995 | \$439 B/W**

STK# U6574A

4 TO CHOOSE FROM **2008 CADILLAC ESCALADE** FROM **\$39,995 | \$339 B/W**

STK# U6509A

4 TO CHOOSE FROM **2007 CADILLAC ESCALADE** FROM **\$36,995 | \$309 B/W**

STK# C111384A

PRICED TO MOVE! RIDE IN STYLE AND EXPERIENCE TRUE LUXURY!

Prices do not include fees and taxes. Finance payments are bi-weekly, \$0 down payment, 7.49% OAC. 2010/2011: 84 months. 2007-2009: 72 months. Errors and omission except.

AMVIC LICENSED



LOCAL SALES HOTLINE

1-800-990-7101

CMPAUTO.COM

CORNER OF 16TH AVE & 36 ST. N.E.



**Optimum
CERTIFIED
USED VEHICLES**

- Manufacturer's warranty
- 30 day/2500 km no-hassle exchange privilege
- 150+ Point inspections
- 24-hour roadside assistance

Sticky. Sampling



► Lindsay Krygier of Halo Steak and Seafood hands Melona Will a sample of ribs at Taste of Calgary yesterday.

KATIE TURNER/METRO

Calgary cuisine, the international remix

Thousands of Calgarians indulged in some local cuisine this weekend during the 15th annual Taste of Calgary, which was held at Eau Claire's festival plaza. From Thai food to pizza, there was an eclectic mix of snack-sized samples during the four-day event, which played host to more than 25 restaurants.

C-Train sponsorship rights could fast-track revenue: Ald.

- Shane Keating plans to explore the issue of selling station naming rights this fall
- Revenue from the corporations would go towards unfunded city projects



KATIE TURNER
@METRONEWS.CA

Next stop: Suncor Southland Station.

Those words could become familiar to transit users should Ald. Shane Keating see success in his push to bring in additional revenue for the city.

Keating is exploring the idea of allowing corporations to put their name on C-Train Stations.

"You'd keep the same name like Anderson or Southland, that would always be there ... but you may put a corporate name in front of it," he said. "The one I floated about was ATB Anderson Sta-

tion," he said.

Keating said he would like to see that money go towards unfunded projects and necessary lifecycle maintenance around the city rather than into general revenue.

"We do a number of these things on a regular basis," said Keating, citing buildings like the Epcor

Centre for the Performing Arts and the Scotiabank Saddledome.

Transit user John Soper said there's already an abundance of advertising on transit lines.

"They have enough on the trains for advertisements, as you can see," he said, pointing to a C-Train with a wraparound ad.

"It's fine just the way it is."

Fellow commuter Siobhan Anglos said unless that revenue was used to lower the cost of transit fares, she doesn't agree with it.

"If it helps the ticket prices go down, go for it," she said. "If it not, it seems kind of pointless."

Leisure raft turns into 9-hour journey

Rescue crews located a Calgary rafting duo Saturday evening nine hours after they embarked on what was supposed to be a leisurely float down the Bow River.

The couple, aged 25 and 33, hit the water around Mackenzie Town

at noon Saturday and eventually lost track of time and their location.

Crews found them near McKinnon Flats, roughly 50 kilometres southeast of Calgary, around 9 p.m. They were both in good health.

● METRO

Fireworks spark panic

Celebratory fireworks caused panic for numerous Calgarians Saturday night. Police reportedly responded to 17 calls from residents worried about possible gunshots in their area. Officers determined fireworks had caused the disturbance in each situation. ● METRO

Tory minister pushed cap-and-trade plan

A former Conservative cabinet minister attempted to convince Alberta politicians to accept a more stringent regulatory approach to curbing climate change in 2009, newly released documents show.

Then-federal Environ-

ment Minister Jim Prentice met with Alberta Premier Ed Stelmach and provincial Environment Minister Rob Renner in Calgary on Sept. 11, 2009, to discuss the idea of getting the province involved in a national system.

THE CANADIAN PRESS

1

news



'Rock Snot' becomes a global invasive species after spreading from Canada to congest rivers worldwide. Scan code for story.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at
metronews.ca



Anxious investors hope for a break from recent turbulence on the stock markets. Video at metronews.ca

Follow us on
Twitter
@metrocalgary

..... **TRANSIT IN THE CITY**

Compare and contrast

Do you think your city has the steepest bus fare in the country? Or that there aren't enough buses during rush hour? For the next three days, Metro will be analyzing the transit systems in eight cities across the country and catching up with commuters to find out what grinds their gears — and what they love — about transit in their city

Demand spurring expansion

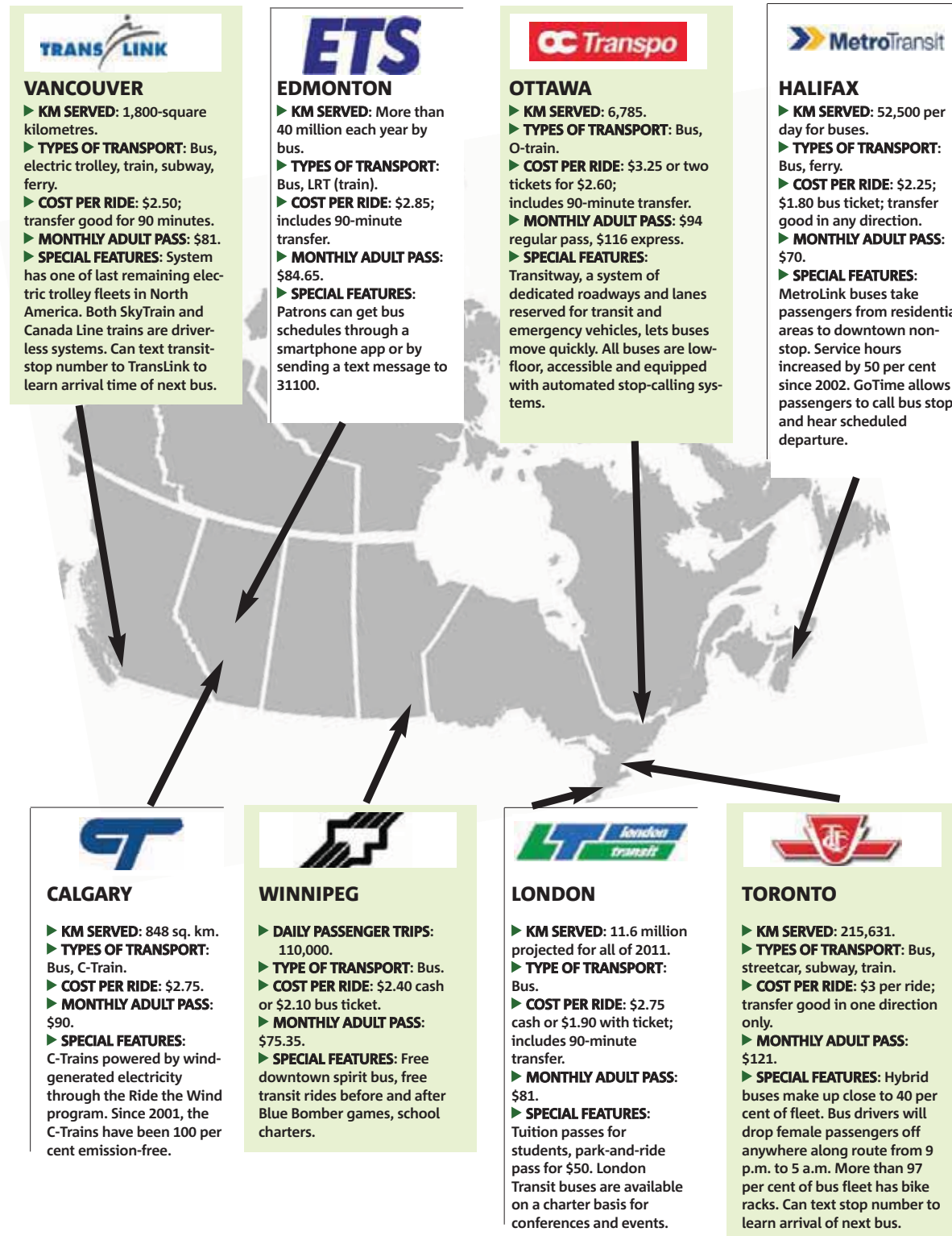
 **KATIE TURNER**
@METRONEWS.CA

As Calgary continues to grow outward, the city's transit network must expand at an even faster rate to keep up with demand.

"We're not going to shrink the city, but we're going to make better use of the land within the city as it grows," said Neil McKendrick, manager of transit planning.

Over the next 30 years, Calgary Transit plans to grow service hours by 150 per cent and more than double the current bus fleet to 2,200.

"In order to achieve a city that's more compact, you have to have more transit service or your road network would have to grow considerably in order to keep pace with growth."



Your take ...

SOUND OFF

Bus stops without shelters? Tardy service? What grinds your gears about your city's transit system? What do you love about it? Metro wants to hear from you. Tweet us at @metrocalgary.



RATE YOUR SYSTEM

Check out our online poll and rate your city's transit system. Visit metronews.ca. Poll results will be printed in tomorrow's edition.

BUILD YOUR IDEAL SYSTEM

If you had the power to change your city's transit system, what would you do? Create 24-hour service? Put debit machines on buses? Email us at calgaryletters@metronews.ca or send us a message on Twitter. The best answers will be printed in Wednesday's edition.

● METRO

Coming up next

Grab a copy of Metro tomorrow, in which we'll look at transit riders' praises and pet peeves.

Crowfoot

VILLAGE HONDA

CERTIFIED

S
B A C K
H
T O O L
L

BACK TO SCHOOL event!

FINANCING FROM 1.9% ON CERTIFIED HONDAS

ALL VEHICLES COME WITH CAR PROOF VERIFICATION & SAFETY INSPECTIONS

2007 HONDA CIVIC DX-G 4DR



PW - ABS - A/C - 84,022 KMS
\$11,988 \$117/B/W

2009 PONTIAC G6 SE 4DR



KEYLESS - A/C - ABS - 67,926 KMS
\$13,488 \$131/B/W

2002 HONDA CIVIC SI 2DR



A/C - ROOF - KEYLESS - 155,000 KMS
\$8,995 **BLOWOUT PRICE**

2006 NISSAN ALTIMA 2.5S



PWR WIN/LOCKS/MIRRORS - 85,353 KMS
\$10,988 **BLOWOUT PRICE**

2008 HONDA PILOT SE



A/C - SUNROOF - PW - 98,806 KMS
\$27,988 \$267/B/W

2008 ACCORD EX-L 2DR



LTHR - SUNROOF - A/C - 59,974 KMS
\$22,988 \$220/B/W

2007 ACCORD SE 4DR



1 OWNER - SERVICE RECORDS - 74,286 KMS
\$15,888 \$153/MON

2009 HONDA PILOT EX-L



ALLOYS - LTHR - ROOF - 53,900 KMS
\$37,888 \$359/B/W

2005 HYUNDAI SANTA FE



GL 2.7L - PW/PL/PM - 74,578 KMS
\$8,988 **BLOWOUT PRICE**

2008 MAZDA 6 GS WAGON



ABS - ALLOYS - PW - 75,499 KMS
\$14,988 \$145/B/W

2008 CHEV EQUINOX SPORT



LTHR - ROOF - CC - PS - 107,827 KMS
\$17,995 \$173/B/W

2008 ACCORD EX-L 4DR



LTHR - CC - SUNROOF - 41,109 KMS
\$21,888 \$210/B/W

2010 EXPLORER
EDDIE BAUER EDITION



ABACK-UP SENSO - CC - ROOF - 47,075 KMS
\$29,588 \$282/B/W

2008 F150 XLT 5.4L



1 OWNER - ALLOYS - A/C - 51,488 KMS
\$25,488 \$243/B/W

2007 ACURA MDX



NO ACCIDENTS - 1 OWNER - LTHR - 88,350 KMS
\$30,768 \$293/B/W

2010 HYUNDAI SANTA FE



V6 4WD - ROOF - A/C - 51,395 KMS
\$23,888 \$228/B/W

2007 ACCORD EX-L



V6 4DR - 1 OWNER - LOCAL - 68,315 KMS
\$18,488 \$178/B/W

2010 CIVIC DX-G 4DR



1 OWNER - LOCAL - KEYLESS - 7,099 KMS
\$16,498 \$159/MTH

2007 CR-V EX 4WD



KEYLESS - ABS - PW - 95,037 KMS
\$22,988 \$220/B/W

2008 CIVIC DX-G 4DR



A/C - ABS - ALLOYS - 32,881 KMS
\$15,988 \$154/B/W

SERVING THE COMMUNITY FOR OVER 20 YEARS!

www.VILLAGEHONDA.com

155 CROWFOOT WAY • CALGARY

(403) 451-6233

facebook.com/villagehonda

LIKE OR *COMMENT* AND YOU WILL BE ENTERED TO WIN A \$50 GAS CARD!

Over 50 Certified Hondas
in-stock!

HONDA

Certified
Used Vehicles

WE WILL HELP REBUILD YOUR CREDIT TODAY. CALL WES 403-407-1719

AMVIC LICENSED - ALL OFFERS OAC. ALL REBATES AND BONUSES TO DEALER. TAXES AND FEES EXTRA. PAYMENT TERMS 60 MONTHS, PAYMENTS BASED ON 4.9% OR 5.9%. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

Tories warn asbestos widow not to use logo

- ▶ Canada faces rising criticism over its asbestos exports
- ▶ Tories insist material is safe when handled properly

The federal Conservative party has sent a threatening email to the widow of an asbestos victim in the latest chapter of Canada's debate over the hazardous mineral.

A top Tory official is warning the woman to stop using the party logo in an online ad campaign against the controversial industry — a campaign she started after her husband died of an asbestos-related cancer. Michaela Keyserlingk, whose husband Robert died in 2009 of mesothelioma, has been running an online banner since the spring that reads, "Canada is the only western country that still exports deadly asbestos!"

Conservative party execu-

tive director Dan Hilton warned Keyserlingk to stop using the Tory symbol immediately. "Failure to do so may result in further action," Hilton wrote in a July 29 email which carried the subject title, Unauthorized use of trademark. The email, which The Canadian Press obtained from Keyserlingk, went on to advise her: "Please govern yourself accordingly."

The exchange comes as Canada faces intensifying international criticism over its asbestos exports and the Quebec government mulls whether to help revive one of the country's last-remaining mines — a decision that could come as early as today.

THE CANADIAN PRESS



"I have no permission to use (the logo) and (the Conservatives) have a legitimate argument against me.... But on a human level they have no legitimacy whatsoever."

MICHAELA KEYSERLINGK

Celebration. Of love



▶ A performer dances with a spectator during the annual gay pride parade in Montreal yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

Taking Pride in Montreal's streets

Body of skydiver found in N.B. field

The RCMP is investigating the death of a man who went skydiving Saturday afternoon in New Brunswick.

Police said the 34-year-old's body was found in a field off Highway 115 in

Notre-Dame, about 30 kilometres north of Moncton. "The skydiver fell to his death," Sgt. Jamie Melanson said yesterday in an interview. "We received a call that there was a body and,

for all intents and purposes, it was a skydiving accident."

Police said the man was from Notre-Dame, but did not release his name pending notification of his family. THE CANADIAN PRESS

Ultimate Unlimited Back to School Plan

Just \$40/month

Taxes are extra. Limited time offer. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All features included in each plan must originate within a Mobility Unlimited Zone. Premium and special numbers are excluded. "Unlimited Picture Messaging" refers to picture messages sent to Canada and the Continental US only. "Unlimited Global Text Messaging" applies to selected countries/carriers. "Unlimited Long Distance to Canada + U.S." includes most of Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobility. "Mobility", "Now that's smart", the Mobility designs and the Mobility logo are trademarks of Mobility. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobility Stores

Sunridge Mall
Northland Village Mall
Deerfoot Mall
Pacific Place Mall
Marlborough Mall

Westbrook Mall
Unit 333, 329 17 Avenue SW
6219 Centre St NW
4805 17 Ave SE
Unit 195, 1518 Centre St NE
Unit 101, 77 Castleridge Blvd NE

Authorized Dealers

Great Tel Mobility
Unit 101, 4908 17 Ave SE
Dollar Store
Unit 5, 12 Castleridge Dr NE
Rocky Mountain Computer Repair
Unit 307, 3200 Glenmore Trail SE
Mobile Zone
Unit 101, 2640 52nd St NE
Express Computer Store
Unit 210, 9737 MacLeod Trail SW
Ascot Business Systems
Unit 104A, 3716-61 Ave SE

Rojin Bakery & Food Market Inc.
Unit 8, 4105 4th St NW
Sol Optix
628 B 17th Ave SW
M&C Food Mart
1412 9th Ave SE
Stanley Park Grocery
4649 Macleod Trail SW
Centex Petroleum Unit 808, 19th St SE
Hing Wah Imports 312 Centre St SE

mobility.ca

Ownership claim is 'fraud': Facebook

► Lawyers cite 'painstaking forensic analysis' they say proves claimant's contract with founder is fake

Attorneys for Facebook and its founder, Mark Zuckerberg, say they have found "smoking gun" evidence on a New York man's computer proving he made up his claim that a contract he signed with Zuckerberg in 2003 gives him part ownership of the social network.

Facebook attorney Orin Snyder said Paul Ceglia has not complied with a judge's order to hand over certain electronic documents and has mislabelled others as confidential.

"He does not want the public to know what was discovered on his computers because it includes smoking-gun documents that conclusively establish that he fabricated the purported contract and that



► Mark Zuckerberg

this entire lawsuit is a fraud," Snyder wrote.

Ceglia, of Wellsville, N.Y., says he and Zuckerberg met and signed a two-page agreement in 2003. According to the lawsuit, Ceglia paid Zuckerberg \$1,000 to work on a street-mapping project he was creating and gave him another \$1,000 af-

Market moment

TSX	Dollar
+ 2.4 (12,542.20)	- 0.24¢ (100.94¢ US)
Oil	Natural gas 1,000 cu ft
- 34¢ (\$85.38 US)	\$4.06 US (- 4.8¢) Gold contracts \$1,742.60 US (- \$8.90)

ter Zuckerberg told him about his idea for a kind of online yearbook. Ceglia was to get half of the business if it got off the ground.

THE ASSOCIATED PRESS

People. Power



► Tang Jun, Dalian city's senior official, second from left on the police van, addresses the crowd protesting the Fujia chemical plant yesterday after Tropical Storm Muifa raised fears of a toxic spill. Dalian is in Liaoning province in northeast China.

KYODO NEWS/THE ASSOCIATED PRESS

Beijing bows to protesters

Authorities in the Chinese port city of Dalian ordered the petrochemical plant shut down after more than 12,000 people demonstrated over pollution concerns, state media said. Despite the apparent success of the protest, censors quickly began deleting references to it on social networking sites, a usual practice to prevent demonstrations from spreading.

Fingers crossed for stable markets this week

Investors are hoping for calm on stock markets this week after stomach-churning sessions on North American markets that featured swoops up and down of up to 500 points last week.

"We're into a bottoming-out process," said Colin Cieszynski, market analyst at CMC Markets Canada.

"This one has been difficult to find, but we do

have markets trying to find a bottom."

The forecast appeared positive at the end of the week as bargain hunters snapped up stocks badly beaten down in a rout that gained momentum three weeks ago on worries about Spain, Italy and France getting caught up in Europe's debt crisis.

There have also been worries that the U.S. econ-

omy could slip back into recession. But the final straw seemed to be Standard & Poor's downgrade of the U.S. credit rating as a result of the prolonged negotiations over raising the debt limit.

If markets can find a bottom this week, investors can concentrate on the next problem: Getting indexes up again.

THE CANADIAN PRESS

Rise and fall

- The Toronto market hit a low point last Monday when a plunge of almost 500 points pushed the TSX down nearly 20 per cent from its recent high in March.
- But a strong retail sales report in the U.S. helped push the TSX up 380 points or 3.12 per cent.

HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,

BEFORE IT IS TOO LATE!

Natural Hair Regrowth With **FU YAN's** Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)

Reasonable, Faster, and Better Results!

BEFORE BEFORE BEFORE BEFORE



AFTER AFTER AFTER AFTER



*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked **FU YAN**

EXCELLENT SUCCESS RATE

Some conditions apply

- No Medication • No Surgery
- No Side Effects • No Gimmicks

FU YAN NATURAL HAIR

REGROWTH TREATMENT CENTRE™

Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5

TEL: **230-0200** FAX: **230-0213**

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the **FREE Metro Play** app - updated daily!

Available on the App Store

metro play

Alberta Security Training Academy

Security Guard Training

Licensed by the Solicitor General & Ministry of Public Security

- Alberta Basic Security Training
- PPCT • First Aid/CPR
- Private Investigation Course

Now booking for evening courses

PLEASE CALL 403-453-1186

www.albertasecuritytrainingacademy.ca

info@albertasecuritytrainingacademy.ca

Long Distance

LOWEST LONG DISTANCE RATE GUARANTEED



Bangladesh	Iran	Lebanon	Romania	Ukraine
 3.9 ¢/min	 5.9 ¢/min	 7.9 ¢/min	 1.9 ¢/min	 7.9 ¢/min

 Australia.....1.9 ¢/min	 Israel.....1.9 ¢/min	 South Korea.....2.9 ¢/min
 Bosnia.....13.9 ¢/min	 Italy.....1.9 ¢/min	 Sri Lanka.....9.9 ¢/min
 China.....1.9 ¢/min	 Lebanon.....7.9 ¢/min	 Trinidad.....4.9 ¢/min
 Colombia.....3.9 ¢/min	 Mexico.....1.9 ¢/min	 U.A.E.....14.9 ¢/min
 Cuba.....89.9 ¢/min	 Pakistan.....5.9 ¢/min	 U.K.....2.9 ¢/min
 El Salvador.....9.9 ¢/min	 Philippines.....11.9 ¢/min	 Vietnam.....4.9 ¢/min
 Germany.....1.9 ¢/min	 Poland.....1.9 ¢/min	 Serbia.....7.9 ¢/min
 India.....2.9 ¢/min	 Russia.....1.9 ¢/min	

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... **GUARANTEED!**

**1 Cent To
INDIA**

1 ¢
/min



Calling India at only 1 cent per minute. (Land and mobile included).

\$10 - 1000 minutes - 1¢

Unlimited CANADA \$5
/mth



Unlimited calling to anywhere in Canada. Available on your home or cell phone.

- ✓ No matter where you call
- ✓ No matter what Rate you pay...



Comwave will beat it...GUARANTEED!



www.comwave.ca

1-866-769-9603

Follow Us...



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$9.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

Home Phone Line

UNLIMITED WORLDWIDE CALLING

✓ Unlimited calling to
almost 60 countries



Including INDIA and more

✓ All features FREE

FREE	Voice Mail
FREE	Call Waiting
FREE	Caller ID

and much more...

Risk Free Trial
All For Only

\$29⁹⁵
/month



Limited time offer! Call to sign up now:

6 Months FREE



www.comwave.ca

1-866-769-9603

Follow Us...



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: Vulp 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of \$29.95 is based on a 3yr term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive an additional 3 months free for a total of 6 months free if you transfer your phone from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see www.comwave.ca for details.

60 seconds



► Globalfest will kick off on Friday and run until Aug. 27. Competing countries include China, the Philippines, Italy and Canada.

GLOBALFEST

'IT REALLY IS THE MOST SPECTACULAR FIREWORKS SHOW'

Ric McIver is the board chair of Globalfest. The weeklong cultural and fireworks festival kicks off on Aug. 19 at Elliston Park.

What kind of work goes into getting Globalfest off the ground?

It's a ton of work.... (The festival) is about a good two-weeks, which is longer than most festivals in the city run, so there's a pile of work, 2,000 volunteers, a lot of staff and several venues to organize. There's the public library downtown and Elliston Park for the multicultural exhibition and fireworks.

It seems like Globalfest gets bigger and better every year. Are there any new additions coming up at this year's event?

I wouldn't say there are new additions but I think we've made a lot of improvements. We've got some great speakers for the human rights forum and a citizenship ceremony (tomorrow).... And then, of course, after the human rights forum this week and the big breakfast on Wednesday morning, then the fireworks start.

Globalfest draws thousands of people out every year. What do you think it is about this event

that attracts the crowds? Calgarians love their festivals and this one has such a variety of things for people to do. Those that are interested in serious discussions about making the world better will find the human rights forum very interesting. Those that understand celebrating our diversity and working to get better at living together as diverse groups of people that make up this great city is not only useful, it's fun. With the different foods and music and artistry, there's lots to love there. And then, who doesn't love fireworks! It really is the most spectacular fireworks show this city sees in the whole year.

Are there any countries that stand out in terms of the fireworks show they put on?

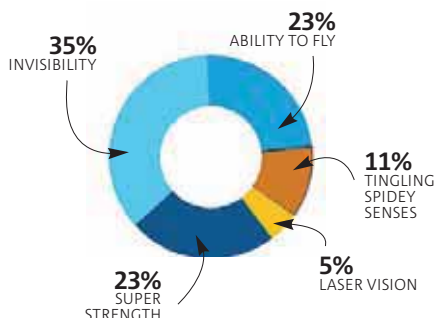
I've been involved with Globalfest almost since it started and I can tell you there's never been a bad show. The countries that have won a couple of times are China and Canada, but other countries have won as well. Italy is back this year and they won last year with what I thought was a really spectacular show. There's going to be no bad nights.

● METRO



Register at metropolitanpanel.ca and take the quick poll

If you could have one super power, what would it be?



Local tweets



► @odddan: Another scorcher already in #yyc

. A spectacular Sunday awaits!

► @anothersupersta: hope the neighbours enjoyed our music last night in #yyc

► @JoelFrench: Picking a horse for #pcldr is like doing the same in the Republican race. They'd all be terrible so why bother? #ableg #abndp #yeg #yyc #yql

► @KenzieRegan: Heading home today...I get to go through downtown Calgary though. So that

pretty much makes my day.

► @d_coupland: Went to Taste of Calgary yesterday at Eau Claire. Great day!! You get more than just a taste of the items. Go today if you can.

► @DJCrookedMouth: Person who posts a message on a musicians website saying "come to my city" stop it.....I hate you. #yyc #calgary

► @crtaylor_photo: Our scavenger hunt group is shooting #yyc architecture. Any ideas of unusual buildings?

► @gordonmcdowell: Someone please open a fresh produce market in #MardaLoop. #yyc

Worth Mentioning

SMALL TOWN. Small Canadian towns are painfully aware of the existential predicament they face. Few are strangers to the sobering realities of declining and aging populations, young people fleeing to cities, difficulty maintaining infrastructure, and sky-high unemployment.

But residents of some small towns are working to reverse the trend, drawing both on creative ideas and on the good old-fashioned community spirit that tiny towns are known for.

Residents of the small Quebec village of Notre-Dame-de-Ham have begun a citizens' co-operative to start a combined convenience store/gas station/restaurant. So far, they have 97 members who have contributed \$35,000. That means nearly one-quarter of the town's 440 overall residents participated.

Bill Reimer, a Concordia University professor, said one small town, Warner, Alta. — population, 383 — managed, with one crumbling arena and a good local coach, to start an all-girls hockey school that has become nationally renowned. "It's all about finding your niche," he said. **THE CANADIAN PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Fewer people loitering is music to their ears

Shoppers and employees say a convenience store in Columbus, Ohio, has fewer people hanging outside since the business started blaring classical music.

Customers tell WBNS-TV that loi-

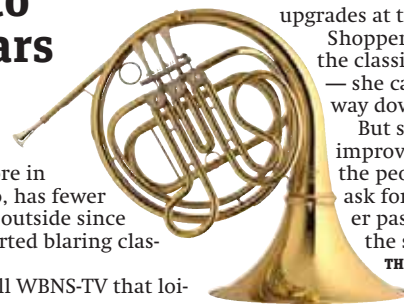
tering has declined quickly outside the United Dairy Farmers location in the Columbus Short North neighborhood.

Workers, who have also noticed a change, say the new music went on earlier this week as part of upgrades at the store.

Shopper Allie Beck says the classical music is loud — she can hear it all the way down the street.

But she says it's an improvement over all the people who used to ask for change or bother passersby outside the store.

THE ASSOCIATED PRESS





Super fast. Super thin. Superphone.

Samsung GALAXY S II™ 4G

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps),¹ you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. There's never been a better time to get on the best network, with the largest 4G coverage and the fastest 4G speeds across Canada.²

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with
Bell just
got better

Available at the following
Bell stores:

BANFF
Cascade Plaza

CALGARY
216 Saddletowne Circle
1002 - 17th Ave. S.W.
4801 Westwinds Dr.
Beacon Hill Centre
Chinook Centre
Chinook Centre (kiosk)
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Forest Lawn Shopping Centre
Market Mall
Market Mall (kiosk)
Marlborough Mall
Marlborough Mall (kiosk)
North Hill Shopping
Centre (kiosk)
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall (kiosk)
Southpointe Shopping Centre
South Trail Crossing
Sunridge Mall
Sunridge Mall (kiosk)
Westbrook Mall

CANMORE
105 - 802 Bow Valley Trail

EDMONTON
2918 White Mud & 17th St.
6143 - 28th Ave.
9774 - 170th St.
10603 - 107th Ave.
17551 - 100th Ave.
12804 - 82nd St.
14808 Stony Plain Rd
18559 Stony Plain Rd
Abbottfield Shoppers Mall
Bonnie Doon
Capilano Mall
Edmonton City Centre
Kingsway Mall
Kingsway Mall (kiosk)
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Northgate Centre (kiosk)
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall (kiosk)
St. Albert Trail at 137 Ave.
West Edmonton Mall
West Edmonton Mall (kiosk)
Westmount Centre
Whyte Avenue at 107 St.

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 - 50th Ave.

LETHBRIDGE
Park Place
SmartCentres Lethbridge

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10032 - 100th St.

RED DEER
Bower Place Shopping Centre
Parkland Mall

ROCKY VIEW
Crossiron Mills Mall

SPRUCE GROVE
Creekside Centre

ST-ALBERT
460 - 140 St-Albert Rd.
St. Albert Centre

WHITECOURT
3439 - 34th Ave.

Also available at these retailers:

buy mobile
your phone. your way.

COSTCO
WHOLESALE

► **FUTURE SHOP**

booth
wireless

« **SOURCE**

Visions

WIRELESS etc...

« **WIRELESSWAVE** »

Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada; (b) largest network, based on total square kms of coverage; and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.

2
scene

Box office



The Rise of the Planet of the Apes debuted at No. 1 in the week-end box office at \$27.5 million. The Help came in second. **THE ASSOCIATED PRESS**



Alec Baldwin to open new season on NBC's 'Saturday Night Live'

A remake with its own beat

► Disney's remake of the classic thriller, *Fright Night*, pays homage to the original while adding own twist to the story ► Farrell tries to bring his own quirks to vampire character



CHRIS ALEXANDER
SCENE@METRONews.ca

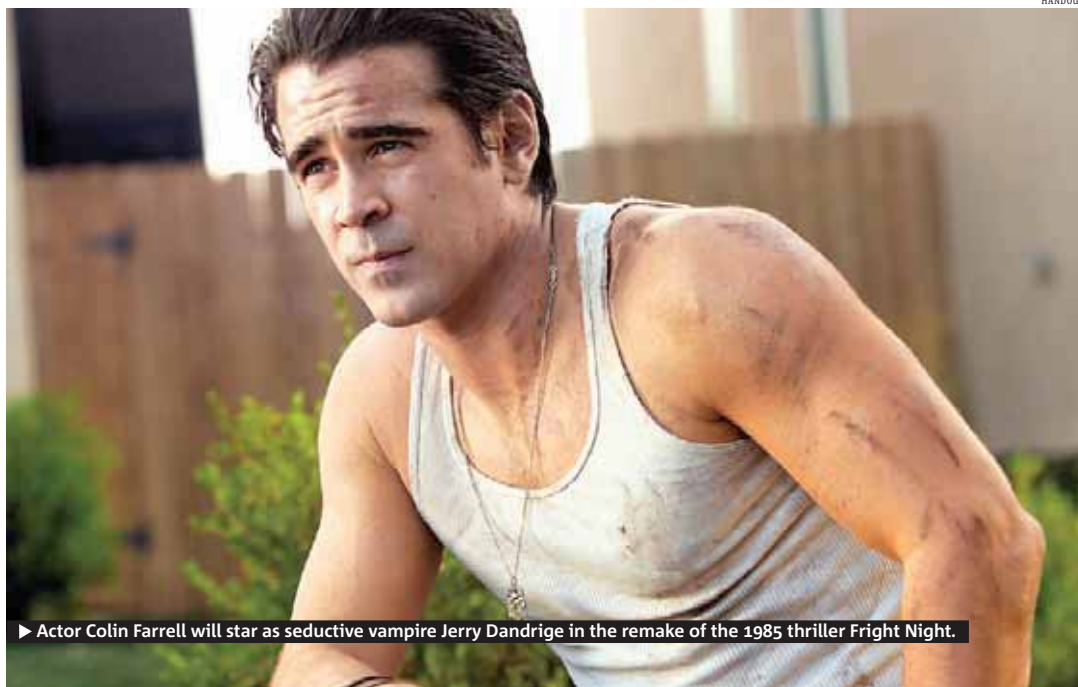
Tom Holland's original, sublimely campy 1985 vampire thriller *Fright Night* is one of the most beloved horror films of its decade and the concept of a remake was met with sneers from its most ardent admirers.

How could anyone possibly duplicate the smooth, suave, seductive charm of actor Chris Sarandon as murderous suburban vampire Jerry Dandrige? According to Colin Farrell, who inherited the role in Disney's splashy new 3D remount, you can't.

"Chris was just charismatic, elegant, beautiful and dignified," Farrell told Metro last weekend in Toronto.

"My guy has more of an emotional disconnect. In essence there was a lot in the first film that I wish I could have played, but this is a different guy, he's more predatory. If you were around my Jerry, it would be perfectly normal but there's just something...not right."

Farrell's sexy blood-sucking beast is the lethal



► Actor Colin Farrell will star as seductive vampire Jerry Dandrige in the remake of the 1985 thriller *Fright Night*.

neighbour of average Nevada teen Charlie Brewster (Anton Yelchin), who slowly starts to believe his nerdy pal Ed (Christopher Mintz-Plasse) and his wild tales of the undead roaming their bedroom community.

After a few close fang

shaves, Brewster seeks famous Vegas magician/supernatural authority Peter Vincent (David Tennant) to help him put the stake to Dandrige once and for all.

The film uses the original picture's template as a springboard to forge a gory, funny romp

with its own beat, though it often takes the time to wink at fans of the first film, including referencing vampire Dandrige's fondness for fruit.

"I had to get that in," says Farrell of echoing the original's sequences of Dandrige eating apples between killings. "It

was just one of those things, a nod to the original. I rolled the apple off table and kind of threw it to myself. As Chris Sarandon said to me, (Dandrige) is a fruit bat. But my version also drinks beer..."

Fright Night 3D opens on Friday.



IN THEATRES AUGUST 26TH

YOU COULD
WIN AN ADVANCE SCREENING
PASS FOR TWO TO SEE
**DON'T BE AFRAID
OF THE DARK!**

To register and for full contest details visit clubmetro.com



YOU COULD
WIN a copy of
**SOMETHING
BORROWED**
on Blu-ray combo pack!

Available for purchase and digital download today!

© 2011 Warner Bros Entertainment Inc. All rights reserved.

To register and for full contest details visit clubmetro.com



YOU COULD

WIN
A RUN OF
ENGAGEMENT
PASS FOR
TWO TO SEE

FINAL DESTINATION 5

NOW PLAYING

WWW.FINALDESTINATIONMOVIE.COM

To register and for full contest details visit clubmetro.com





Our latest cameras talk, text and send emails

At Black's, you can print professional quality photos and create custom PhotoBooks or photo keepsakes from pictures taken with your camera phone.



Plus, get a **WiFi Media eReader** with a new 3-year **TELUS** activation.

Value \$179.99. See an Expert Associate in-store for more details.



Download the new FREE Black's Photo Print App.

print | share | edit | upload



Available now for iPhone, iPad, BlackBerry and Android Devices. visit blacks.ca/apps.

N081511MC

BLACK'S
www.blacks.ca

Celebrity tweets



"I'm traveling to Cannes and writing music today"



@50cent



@PSchwarzenegger

"Just visited Harvard university. Great college but I'm not adding it to the list. Stanford, USC, Penn, Georgetown are my tops for now."

"summertime ... saturday... and i got school. sweet"

@justinbieber



Quick Dish



► Maddox Jolie-Pitt

No stardom yet for Maddox

PREMATURE. Rumors about Maddox Jolie-Pitt going into the family business are premature, it turns out. Speculation was sparked last week that the 10-year-old would be making his film debut in *Battle Boy*, an action movie Brad Pitt's company is producing, but sources say the rumors are simply "not true." ● METRO

Lohan meets rehab deadline

ALL PHOTOS GETTY IMAGES



► Lindsay Lohan

► Tells judge she can't afford a therapist ► Judge doesn't buy it

Lindsay Lohan has reportedly started therapy for her issues, as ordered by the court — and just in time, as the deadline for the troubled actress to start treatment is later this week, according to E! Online.

During a court appear-

ance last month, Lohan had told the judge she was trying to find the cash to pay for therapy. In response, the judge told Lohan's lawyer that the actress "needs to find an individual therapist that takes a credit card."

● METRO

Winehouse letters, tracks, lyrics stolen

In another blow to Amy Winehouse's already upset family, unreleased tracks, lyrics and letters by the late singer have reportedly been stolen from her London home, according to *Hollyscoop*.

"This is such a sickening shock to the family," the source says.

"The family, record label and management are months away from deciding what to do with any

unreleased music. For that to be taken out of their hands is horrible."

Winehouse's father, Mitch Winehouse, is reportedly hoping the issue will resolve itself, though.

"Mitch is willing to give whoever has stolen the items a chance to do the right thing and put them back so it doesn't have to get messy," the source says.

● METRO



► Amy Winehouse

Yeah, baby — Powers is back

Mike Myers has signed a deal to star in a fourth *Austin Powers* movie, according to *HitFix*. There's no word

on whether Jay Roach, who directed the first three films, will be returning as well. Myers' last live-action starring role was in 2008's *The Love Guru*, which was a critical and commercial

failure. He's since kept a fairly low profile, lending his voice to a forth *Shrek* film and making a cameo in Quentin Tarantino's *Inglourious Basterds*.

Myers married girlfriend Kelly Tisdale last year and recently announced that they're expecting their first child later this year.

● METRO



Second child for Tina Fey

30 Rock star Tina Fey and husband Jeff Richmond welcomed their second daughter last week, her rep confirms to *Us Weekly*. Penelope Athena was born August 10, joining her big sister, 5-year-old Alice. Fey wrote in her memoir, *Bossypants*, that she felt compelled to give Alice a sibling: "My daughter is the only child in her class without a sibling. Most kids have at least two," she wrote. "Who will be my daughter's family when my husband and I are dead from stress-induced cankers? She must have a sibling."

● METRO



A gift to you.

A reward for them!

Events starting at

\$66/person

Meet with energy!

calgary-convention.com
T 403.261.8500
Sales@calgary-convention.com

CALGARY•TELUS
CONVENTION
C•E•N•T•R•E

From real mom to spy mom

► With a three-year-old daughter and a baby on the way, Jessica Alba takes on a kid-friendly role in *Spy Kids 4* ► Conversations with the director led to the development of her character

NED EHRBAR
LIFE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Robert Rodriguez is known for bouncing between pulpy grown-up flicks like *Sin City* and kid-friendly fare like the *Spy Kids* series, but actress Jessica Alba, who stars in *Spy Kids 4*, had never seen him take on the latter.

"Robert doesn't change and his process doesn't change," she insists. "But there's a lightheartedness on a set where when there's kids around. You're not blowing things up and there's no half-naked girls and machine guns. There's no cursing. It's kids' stuff and toys."

While this is the third time Alba has teamed with Rodriguez, it's the first time they've done something family-friendly together. "I talked to Robert about wanting to do a movie that my daughter could see," she says. "There's a lot of natural comedy in being a first-time parent and just being in day-to-day situations."

Of course, in *Spy Kids 4*, a day-to-day situation could mean fighting off evil henchmen and car chases while extremely pregnant, which Alba does early in the film. "Walking up stairs is challenging when you're nine months pregnant," she admits. "I think it was really just a great comedic set-piece. Like, what if a



► Jessica Alba, a soon-to-be-mother of two, stars in *Spy Kids 4*. This is her first children's movie.

woman's going through contractions while trying to save the world? And, of course, a woman's going to try to do it all."

Alba later found out that it was her conversations

with Rodriguez that led to much of her character — a professional spy who puts work on hold for her family. "He said that my character was inspired by just seeing me trying to bal-

ance it all — and probably not doing the greatest job at it, but trying at least," she says with a laugh.

One of the ways she and husband Cash Warren try is by making family thtop

"When they're done with college, if they want to get into the arts, that's fine. But I wouldn't encourage them to work in this type of environment."

JESSICA ALBA ON DISCOURAGING HER KIDS FROM GETTING INTO SHOW BIZ

priority on the weekends. "That's when my husband and I make a concerted effort to not e-mail or text and really spend our time with our daughter and just be completely, 100 per cent focused on her," she says. "During the week, it's here and there depending on if I'm busy with meetings or not. It's a little easier now that she's in school. But it's tough, because I do care about my career. But she's my No. 1 priority, so if she's not doing OK, nothing else really matters."

While baby No. 2 is due any day now, Alba is already thinking about what's on her plate next — and it's not necessarily more family fare. "It's not like I want to only do family or kids' movies from now on," she says. "It's just nice to have a movie that my daughter can actually watch. I do miss doing action, and after I have the baby, I'm looking for a good action movie to do."

3

life

You need this

Sophie the Giraffe Teether

A recent article in *Slate* upped the profile of this rubber toy, already a huge seller on Amazon and in its home country of France (where it sold an estimated 816,000 last year). Will your baby care about the hype?

"Blursh," said ours between bites on its neck. ● MWNN



VULLI

\$23 sophiegiraffe-teether.com



Five tips for buying food and household items.

BUY FOR \$35

NightBright
By BleachBright

Quick, Easy, Effective Teeth Whitening.
L.E.D. WHITENING SYSTEM

Net Wt. 8.12 FL. OZ (235mL)

BleachBright

MADE IN USA

WagJag.com DEAL OF THE DAY!

87% Off LED Teeth Whitening Kit

HIGHLIGHTS

- Effective, painless and 100% safe to use.
- Perfectly-fitting mouthpieces.
- Unique, clinically proven formula.
- No heat generation.
- Just 15 minutes a day.

Regular Price: \$269

You Save: \$234

Discount:

87%

I was a teen self-cutter

► In this exclusive essay, a self injurer, Christie Stewart, speaks out

I can feel the anger welling up in my body, and it feels like I'm drowning after yet another screaming match with my parents. I run to my room, slamming the door behind me. My mind races. I want to relax but the only way to do that is to see my own blood. Without thinking, I grab an Exacto knife from my desk and press it to my arm. Feeling a sharp object slice through my skin stops my pain and tears, and gives me an overwhelming sense of control.



► Stewart

The first time I self-injured, at age 13, I had no idea that this was the beginning of something that

would become a part of my life for the next 13 years. I didn't know how to deal with my emotions, and self injury seemed to give me an escape.

In 2005, after eight years in therapy, I stumbled across YouTube.

I saw videos of people talking about their lives, and decided to make one talking about my history with self injury, calling myself "xsullengirlx," not knowing what to expect.

The response was overwhelming: people from all over the world contacted me, saying they'd felt alone in their thoughts and self injuring acts, but hearing my story made them realize others were going through the same things. I continued making videos detailing ways to cope, knowing many of my viewers were teenagers. Speaking out on YouTube was therapeutic. And I could make a difference.

On the flip side, others have posted videos glorifying self injury. A study in this month's Pediatrics journal worried parents by making headlines: "Many youth who self-injure may go online to find support," said the professor behind the University of Guelph study, "but at the same time they may see videos that could be harmful if self-injury is depicted as typical behaviour or if viewing these videos triggers the behaviour."

These clips show fresh cuts and wounds, usually set to angry music and edit-



► Parents need to talk to teens about self-injury.

14-24%
...of youth and young adults have self-injured at least once," according to the professors behind the University of Guelph study.

ed together to look like sexy music videos, enticing teens. They're alluring, for sure. Who wouldn't want to look like an emo starlet out of Twilight, bloody but cool?

The trick, if you're a parent with a troubled kid, is to help them distinguish between those videos and the helpful ones. And talk.

For many teens, mental health topics are a taboo subject, especially self injury.

I hope my work educates and provides friendship to those who struggle.

WORRYING SIGNS

How to let your child have his/her freedom while keeping an eye out for unsafe sex, drug use, cutting and other trouble.

THE HIPPIE MOM



Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Teenagers will likely rebel if they think their freedom is being unreasonably controlled, so allow them as much as you think they can handle. The teen years should be all about exploring and experimenting — though of course along with that there needs to be lots of guidance and love from parents/caregivers. Be as vigilant as you can and keep an open dialogue. Teens with a lot of self confidence are less likely to behave irresponsibly and that's why helping young people develop healthy self-esteem is critical for parents. Let them know their feelings are important and that they truly matter as people in this world. And reserve judgment. Teens won't share personal problems if they know there'll be grief to pay for doing so.

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14



Knowledge is power. Arming my sons with age-appropriate, fact-based information about sex, drugs, and other potentially dangerous situations is an on-going process in my home. Yet knowledge alone is not enough. Equally important is fostering the development of an internal moral compass, a sense of self-discipline, and enough self-confidence to forge a path that may differ from that of their peers. As I see it, guiding my sons along this path to maturity is one of my most critical responsibilities as a parent. To do this, I try to foster a healthy sense of self in my boys by ensuring that they understand and appreciate their history and culture, while also encouraging the discovery and development of individual talents and interests. Mine is a home that also promotes goal-setting and the practice of envisioning the future to which one aspires.

Service Directory

To advertise contact Carmen Kuhmayer at 403-539.4950

HEALTH AND WELLNESS



Wonderful opportunity to be trained in the ancient art of Pranic Healing in Calgary. Register for a 2-day Level 1 Pranic Healing Seminar on the 27th and 28th of August 2011 and learn the techniques of self and distant healing. Exceptional opportunity to experiment with the practice and to feel, see, and scan Auras and Chakras. Seating is limited. For details, please visit

www.bodhiwellbeing.com or call 403-452-1469

FINANCIAL

NEED MONEY?

✓ No credit checks
✓ Fast approvals

call 1-866-499-5629

And get cash now!!
www.mynextpay.com

MoneyProvider.com

\$500 Loan

and more

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

NEED A CAR?

THE COACH GETS YOU IN THE GAME!

GET THE BEST TERMS & CONDITIONS!

GET COMPETITIVE RATES!

CALL OR E-MAIL WES, THE CREDIT COACH TODAY!

403-407-1719

creditcoach@villagehonda.com



A pizza for everyone

► Kids will be happy that it's pizza; parents will love its veggie-richness

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



Is there a kid out there who doesn't love pizza? This vegetable-rich Swiss cheese rendition will be a sure hit, especially because it's homemade.

Preparation:

- 1 Preheat oven to 230 C (450 F).
- 2 In a frying pan over high heat, melt butter.

Sauté mushrooms and garlic until fragrant (do not brown garlic). Add parsley, salt and pepper.

- 3 Spread mushrooms on pizza crust. Top with it rapini or broccoli florets and red onion. Sprinkle with cheese and bake on middle rack of oven for 7 to 10 minutes or until cheese is golden.

THE CANADIAN PRESS/ DAIRY

FARMERS OF CANADA

Ingredients:

- 50 ml (1/4 cup) butter
- 750 ml (3 cups) sliced portobello mushrooms
- 2 cloves garlic, chopped
- 50 ml (1/4 cup) chopped fresh parsley
- Precooked pizza crust (40 cm/16 inches in diameter)
- 250 ml (1 cup) rapini or broccoli florets, blanched
- 75 ml (1/3 cup) chopped red onion
- 250 g (8 oz) Swiss cheese, shredded
- Salt and freshly ground pepper, to taste

Rose Reisman's Swap It

Dairy Queen is considered a healthier choice since the ice cream is made with milk. But Blizzards with their additions make this a 'once in a blue moon' choice.

MEDIUM DAIRY QUEEN COOKIE DOUGH BLIZZARD
1030 CALS/ 40 G FAT/ 1080 MG SODIUM/ 117 G SUGAR



COOKIE DOUGH IS LOADED WITH CALORIES, FAT AND EXCESS SODIUM! AND TO BOOT, 30 TSP OF SUGAR. IT IS EQUIVALENT TO 4.5 PIECES OF PUMPKIN PIE IN CALORIES.

SWAP IT!

MEDIUM DAIRY QUEEN OREO BLIZZARD
680 CALS/ 25 G FAT/ 400 MG SODIUM/ 79 G SUGAR

AS YOU CAN SEE, CRUMBLed OREO WAFERS ARE A BETTER CHOICE TO COOKIE DOUGH. FOR MORE VISIT ROSEREISMAN.COM



Salad's goat cheese upgrade

► Goat cheese and a unique vinaigrette offers new take

THE CANADIAN PRESS/FOODLAND ONTARIO

The elegant sour cherry vinaigrette makes a tasty replacement for the ubiquitous raspberry dressing.

Preparation:

- 1 In a blender, combine oil, vinegar, cherries, mustard, honey, salt and pepper until emulsified. Set aside.
- 2 With a teaspoon, evenly measure out 12 pieces of goat cheese. Between palms of hand, form into balls. Coat all over with amaretti crumbs. Cover and refrigerate until ready to serve. (Can be made a day ahead.)
- 3 To serve, place mixed greens on salad plates. Top with goat cheese balls; drizzle with vinaigrette. **THE CANADIAN PRESS/ FOODLAND ONTARIO**



Ingredients:

- 150 ml (2/3 cup) olive or vegetable oil
- 75 ml (1/3 cup) cider vinegar
- 75 ml (1/3 cup) sour (tart) cherries, pitted
- 30 ml (2 tbsp) grainy Dijon mustard
- 10 ml (2 tsp) liquid honey
- Salt and pepper, to taste
- 125 ml (1/2 cup) goat cheese
- 2 amaretti cookies, finely crumbled
- 1 l (4 cups) mix of baby arugula, baby spinach and Boston lettuce

Canadian Breast Cancer Foundation 25 Years CIBC

Who are you running for?™

Brian's wife was diagnosed with breast cancer the day before their wedding.

Sunday, October 2, 2011
Walk, run and give generously.
Visit cbcf.org

Canadian Breast Cancer Foundation
CIBC Run for the Cure™

2011 CLEARANCE 
0% FINANCING
FOR 84 MONTHS
ON MOST REMAINING 2011 MODELS

UP TO
\$2,500 IN GAS!
WITH PURCHASE

2011 TITAN CREW CAB 4X4

0% FINANCING FOR 84 MONTHS

OWN FOR
\$214 /BW
ZERO DOWN



\$41,478
-12,000
cash discount

STK# 110790

\$29,478

2011 ALTIMA COUPE S

LAST ONE!!!
0% FINANCING FOR 84 MONTHS
\$182/BW
ZERO DOWN
\$26,543



STK# 110304

2011 FRONTIER CREW CAB 4X4

0% FINANCING FOR 84 MONTHS
\$208/BW
ZERO DOWN
\$29,143



STK# 110827

2011 MURANO S

0% FINANCING FOR 84 MONTHS
\$213/BW
ZERO DOWN
\$34,148



STK# 110117

2011 MAXIMA SV SPORT

0% FINANCING FOR 84 MONTHS
\$238/BW
ZERO DOWN
\$38,470



STK# 110348

payments based on finance price, plus taxes and fees, Altima 84 months / 0%, Quest 84 months / 3.9%, Frontier, Titan and Maxima 84 months / 0%, all payments G.A.C.

sunridgenissan.com
403-705-8415 AMVIC LICENSED

SUNRIDGE
NISSAN



3131 32nd Ave NE



► Removing the guesswork when it comes to sustainable seafood is half the battle for those trying to make smart purchases.

Seafood is sustainable

► The battle for those looking for eco-friendly options is finding the right label ► WWF is trying to help out



BEN KNIGHT
 GREEN@METRONEWS.CA

For many Canadians, the biggest environmental shock in recent decades came with the collapse of the Atlantic fishery. And while seafood remains plentiful across the country, a lot of consumers still worry they're contributing to making a bad situation worse. A recent World Wildlife Fund-Canada study found that 91 per cent of Canadians feel it is important that their fish, shrimp and lobster come from sustainable, non-overfished stocks. By contrast, only eight per cent felt they had adequate information about where their seafood comes from. "It's gratifying that the message is out there," says Robert Rangeley, VP Atlantic for WWF-Canada.

"Canadians are concerned."

The good news? Sustainable seafood exists — and availability is on the rise.

"The most basic thing is that we're not overfishing the stock," Rangeley explains. "If you buy cod, haddock or lobster, sustainability means the population of that species can



What to look for

Look for this symbol when shopping for sustainable seafood.

continue to be harvested in the method being used in perpetuity."

Consumers can identify these products with a logo from the Marine Stewardship Council, a stylized blue logo incorporating a checkmark and a fish.

"Part of the problem we're facing right now is availability," he adds. "If you see the MSC logo — that's the blue checkmark — that's pretty clear. Unfortunately, not all packagers put the checkmark on. We're trying to solve this problem to ensure that everything that a consumer buys is verified."

MSC and WWF are about to get some high-

powered Canadian retail help.

"Loblaw has made a public commitment to only source sustainable seafood by 2013. That will remove a lot of the guesswork for consumers."

Sustainable seafood doesn't come from any one country. Canadian fisheries are recovering, but Blue-checkmark packages can originate from many diverse and different nations.

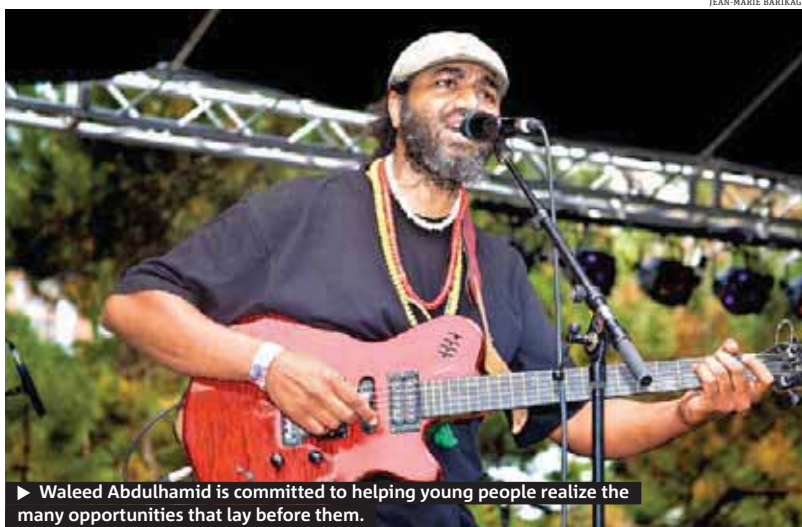
"We still have a long way to go in terms of the health of our oceans — not just in Canada, but around the world," Rangeley notes. "Part of the goal here is to reward best practices. We want to improve the ways our fisheries are managed, and reward best practices through the marketplace."

Slow and steady progress, in other words — with consumers playing a crucial role in ensuring the sustainability of a vital resource.

"It's like turning a great big ugly ship that's going the wrong way towards a rocky reef," Rangeley concludes. "Our goal at WWF is to work around the world with leading retailers and processors, and turn this thing around."

He's singing a tune of tenacity

► Waleed Abdulhamid never let go of his aspirations and now he's teaching those around him to follow his lead



JEAN-MARIE BARIKAGE

► Waleed Abdulhamid is committed to helping young people realize the many opportunities that lay before them.

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



Waleed Abdulhamid is an award-winning music artist, producer and film maker but it is his work as a mentor and teacher with the Young Centre for the Per-

forming Arts that truly makes him special.

When he speaks to youth his message is simple.

"I'm an African immigrant. Don't wait for opportunity because you have to create it. You have to have the guts to not give up on your dream. Go for it."

Born in Sudan, Waleed left home at 18 to tour all the great cities of the world, performing and working with many top name artists.

But his turning point

came in 1992 when he came to Canada and made Toronto his home.

"I love this city. We could be a great role model for the rest of the world because we are so diverse. We come from all colours, all cultures and that's what makes Toronto so unique."

Canada has been given a great gift in Waleed Abdulhamid because he is the "music man" of a new generation that speaks from the heart of cultural unity. He is a role model for us all.

High hopes

Do you have a dream?
Waleed Abdulhamid suggests:

Skills for Change

- skillsforchange.org
- A non-profit agency committed to workplace diversity

Young Centre for the Performing Arts

- youngcentre.ca
- A home for leading artists and arts organizations

MARKET SURVEY INC is seeking candidates for a rewarding career as a CSR/Accounting Rep Executive Field Rep B2B

Responsibilities:

- Providing Information for Potential Members • Update Current Members Account Information
- Assist in Setup & Troubleshooting of New Member Equipment
- General Sales & Marketing Support Efforts

Qualifications:

- College degree is a strong plus. (High School Diploma / GED required) • Excellent verbal and written communication skills required. • Flexible Schedule (nights, weekends and holidays are a must). • Ability to multitask • 1+ year experience in a customer service environment is a strong plus. • Knowledge of computers and Microsoft software required (Word/Excel)

We offer a starting salary of \$14 - \$17 per hour. (PT/FT)
Interested Candidates should forward resumes to : entrylevel00@hotmail.com



START YOUR CAREER IN THE OIL PATCH WITH 31-WEEK, FULL TIME OIL AND GAS LAND ADMINISTRATION PROGRAM AT SAIT POLYTECHNIC.

Find out more at one of our information sessions:

- ABORIGINAL FUTURES CAREER & TRAINING CENTRE
August 12, 2011 at 2:00 pm
Basement, 6011 1A Street SW, Calgary, Alberta
To register please call 403.253.5311
- RUPERTSLAND INSTITUTE - METIS TRAINING TO EMPLOYMENT SERVICES
August 19, 2011 at 2:00 pm
#5, 2611 - 37th Avenue NE, Calgary, Alberta
To register please call 403.250.8902

Funding for this program is made possible by the Government of Canada, The Government of Alberta, Community Futures Treaty Seven and the Rupertsland Institute • Métis Training To Employment Services.

MACPAIL SCHOOL OF ENERGY

FURTHER
YOUR
PASSION



Practical Nurse Program

Graduates work in a variety of settings including acute care centres, continuing care facilities and in the community providing nursing care. Columbia College provides opportunities for individualized learning in small classes. Our faculty are experienced, supportive, and caring. Potential to earn an income of between \$20.69 - \$27.09/hr or more.

Free upgrading courses may be available to assist learners in meeting minimum entrance requirements.

Proud sponsor of the 2011 College of Licensed Practical Nurses of Alberta Spring Conference

Call today - 403-648-2265!

802 Manning Rd N.E. Calgary, AB



www.columbia.ab.ca/m



Some school kids are not all right

▶ Canadian universities watch for signs of distress as more students under pressure seek out counselling

Universities across the country will be keeping a watchful eye on their flocks, looking for signs of distress as the fall semester

kicks off.

Many are training residence dons and even professors to spot struggling students, part of a broader

effort that has seen universities roll out suicide awareness campaigns, wellness classes and stress-management workshops in recent

years.

The push comes as campus clinics scramble to assist a growing number of students seeking help as

GRAHAM HUGHES/THE CANADIAN PRESS



▶ Dr. Robert Franck says the demand for health services in schools has only increased.

CONTINUING EDUCATION

Paul had high hopes when he entered the field he's in but lately he's started to feel like he's just punching a clock. His entrepreneurial skills and creativity just aren't being put to use. He wants something different – something more. So, Paul did

Paul wants **MORE**
than just 9 to 5

his research and discovered that Bow Valley College offers a variety of interesting certificate programs available through its Continuing Education department. In Paul's spare time he could start a new career in Computer-assisted Design, Home Inspection, Professional Interior Decorating, or even Private Investigation. Paul called up a BVC advisor and learned that many Bow Valley College Continuing Education certificate programs can even be completed online. He took the first step toward switching into an exciting new career by registering in a Continuing Education program at Bow Valley College. Now that he's returning to learning, his dreams for a better career will soon be a reality.

LEARN MORE. EARN MORE. DO MORE.

BOW VALLEY
COLLEGE

FIND OUT MORE

bowvalleycollege.ca/more
continuingeducation@bowvalleycollege.ca
403-410-1595

they wrestle with depression, post-traumatic stress, eating disorders and other conditions.

And even with a list of seminars, clubs and centres to choose from, students say it can be hard to know where to turn for help.

Demand for mental health services "has grown exponentially" over the past decade, said Dr. Robert Franck, who heads the mental health clinic at McGill University in Montreal.

Last year, the clinic — one of the few in the country with several psychiatrists on staff — saw some 1,500 new students on top of those who return year-to-year, totalling more than 18,000 visits, he said.

"We try to give appointments within two weeks, because two weeks in the life of a student ... it's very important when they're struggling and in trouble," he said.

At the same time, "the focus for universities is not just facilities for treatment, but looking at preventive measures," particularly for first-year students, he said.

"What we really need to do is to address issues before the student gets into

Help for all

▶ Universities shouldn't focus their efforts on undergraduates alone, said Kristi, a graduate student at UBC who struggled with post-traumatic stress disorder last year.

▶ "There's this idea that you're older, you have more life experience," and are better able to cope, said the 34-year-old, who asked that she remain unidentified

▶ But graduate students often have families and jobs to deal with, along with greater financial stress, she said.

trouble."

It's unclear why universities are seeing more students with mental illness, but experts say it's partly due to new treatments that help those with existing conditions stay in school — something they might not have been able to do in the past.

Students with depression are twice as likely to drop out, studies show.

THE CANADIAN PRESS



Adventure! Teach English Overseas

- ▶ TESOL Certified in 5 Days
- ▶ In-Class or Online
- ▶ No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: October 5th - 9th

Next Seminar: Sept 27th @ 7pm

Travelodge University Hotel

www.globaltesol.com



Djokovic's reign continues

► Top seed battles his way to victory at Rogers Cup ► 'This year by far has been the best in my career': Djokovic

The wins keep piling up for Novak Djokovic, who now has a second men's Rogers Cup title in his collection.

The world's top-ranked player posted a hard-fought 6-2, 3-6, 6-4 victory over sixth-seeded American Mardy Fish yesterday, a popular outcome before a mostly pro-Djokovic full house on centre court at Uniprix Stadium in Montreal.

It was Djokovic's ninth tournament victory of the year and a record fifth win in one season in an ATP Masters 1,000 event. The Wimbledon champion from Serbia improved his record this year to 53-1, including a perfect 29-0 on hard courts.

"I am human — I can definitely assure you of that," the 24-year-old said with a broad smile. "I guess it's just all about having a positive attitude on the court every day, waking up every day wanting to improve, wanting to win, being determined, being professional."

"It's that desire and motivation that keeps me going. Every match I play, I try to win, regardless which match it is or whoever is across the net."

On this day, he had an opponent nearly as hot as he was in Fish, who was in his third tournament final in a row.

Fish has now lost all sev-

"I'm sure that there is going to be, you know, bad days.... I just feel that now I'm playing the best tennis of my life."

NOVAK DJOKOVIC

en career meetings with Djokovic, but he gave the top seed a battle with his awkward mix of baseline and attacking play.

It was 2-2 in the third set before Fish lost a weak service game that gave away the match. But the 29-year-old never quit, battling back from 0-40 in the final game and forcing Djokovic to complete the win on his fourth match point.

"I put myself in a lot of positions to have chances," said Fish. "I just didn't execute on the big points."

"There's a reason why (Djokovic) has won so many matches this year. He's got to be leading the tour in break points saved, I'm sure, among other things."

Djokovic, who won his first Rogers Cup title in 2007, picked up \$450,000 US for the win. Fish earned \$224,000 for his effort to become the second player this year to beat Djokovic after Roger Federer did it at the French Open.

THE CANADIAN PRESS



► Novak Djokovic celebrates match point in Montreal yesterday.

Serena rises from the ashes



Serena Williams captured the Rogers Cup women's tennis title in Toronto yesterday to continue a remarkable comeback from injury and illness.

► The 29-year-old American star dispatched No. 10-seed Samantha Stosur of Australia 6-4, 6-2 to win her first Rogers title since

claiming the Canadian tournament crown in 2001. The Rogers Cup was just Williams' fourth tournament since being sidelined for 49 weeks, first with a foot injury she suffered when she stepped on a piece of glass in a restaurant in Germany, and then with blood clots in her lungs.

Stunning collapse costs Dufner a championship

Keegan Bradley won the PGA Championship yesterday with one of the greatest comebacks in major championship history.

Bradley was down by five strokes after a triple bogey on the 15th hole of regulation. Jason Dufner appeared to have the title wrapped up, but Bradley rallied and Dufner collapsed.

Dufner put his tee shot in the water at 15, setting

up the first of three straight bogeys. Bradley made birdies at 16 and 17, going to the final hole suddenly tied for the lead.

Both players made par on the 72nd hole, but Bradley won the three-hole playoff by a single stroke. He tapped in for par at the 18th hole and lifted the Wanamaker Trophy in Johns Creek, Ga.

THE ASSOCIATED PRESS



► Keegan Bradley celebrates yesterday.

Sports in brief

Real Madrid, Barcelona play to draw in Supercup

SOCCER. Xabi Alonso's second-half goal earned Real Madrid a 2-2 draw against Barcelona in a first-leg Spanish Supercup match yesterday. Barcelona may field Cesc Fabregas in Wednesday's return leg at the Camp Nou after

announcing during the game it had reached a deal for the Arsenal midfielder. **THE ASSOCIATED PRESS**

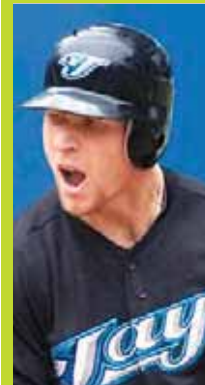
Ugla's streak ends at 33

MLB. Braves second baseman Dan Uggla's 33-game hitting streak, the longest in the majors in five years, ended when he was 0-for-3 in yesterday's 6-5 loss to the Cubs. Uggla's streak passed Rico Carty's 31-game streak in 1970 as the longest in Atlanta Braves history.

THE ASSOCIATED PRESS

4
sports

Quoted



"I'm sure every guy wants to be that guy in here. I was just fortunate enough that it was my turn."

BRETT LAWRIE, WHOSE NINTH-INNING DOUBLE SCORED COLBY RASMUS TO PULL THE BLUE JAYS INTO A 4-4 TIE AGAINST THE LOS ANGELES ANGELS YESTERDAY. EDWIN ENCARNACION SINGLED WITH TWO OUT IN THE 10TH INNING TO SCORE YUNEL ESCOBAR AND GIVE THE JAYS A 5-4 WIN.



Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	73	46	.613	—
New York	72	46	.610	1/2
Tampa Bay	64	55	.538	9
Toronto	61	59	.508	12 1/2
Baltimore	46	72	.390	26 1/2

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	64	56	.533	—
Cleveland	60	57	.513	2 1/2
Chicago	60	60	.500	4
Minnesota	52	67	.437	11 1/2
Kansas City	50	71	.413	14 1/2

WEST DIVISION				
	W	L	Pct	GB
Texas	69	52	.570	—
Los Angeles	65	56	.537	4
Oakland	53	67	.442	15 1/2
Seattle	52	67	.437	16

Yesterday's results

Toronto 5 L.A. Angels 4 (10 ings)

Baltimore 8 Detroit 5

Chicago White Sox 6 Kansas City 2

Seattle 5 Boston 3

Texas 7 Oakland 6

Minnesota at Cleveland (ppd., rain)

Tampa Bay at N.Y. Yankees (ppd., rain)

Saturday Results

Toronto 11 L.A. Angels 2

Chicago White Sox 5 Kansas City 4

Cleveland 3 Minnesota 1

Detroit 6 Baltimore 5

N.Y. Yankees 9 Tampa Bay 2

Seattle 5 Boston 4

Texas 7 Oakland 1

Monday Games

Minnesota (Liriano 7-9) at Detroit (Porcello 11-7), 7:05 p.m.

N.Y. Yankees (A.J.Burnett 8-9) at Kansas City (F.Paulino 1-4), 8:10 p.m.

Baltimore (Tom.Hunter 1-2) at Oakland

(G.Gonzalez 9-10), 10:05 p.m.

Texas (Ogando 11-5) at L.A. Angels (Richards 0-1), 10:05 p.m.

Toronto (H.Alvarez 0-0) at Seattle (Pineda 9-7), 10:10 p.m.

Tuesday Games

Tampa Bay at Boston, 1:05 p.m., 1st game

Minnesota at Detroit, 7:05 p.m.

Tampa Bay at Boston, 7:10 p.m., 2nd game

Cleveland at Chicago White Sox, 8:10 p.m.

N.Y. Yankees at Kansas City, 8:10 p.m.

Baltimore at Oakland, 10:05 p.m.

Texas at L.A. Angels, 10:05 p.m.

Toronto at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	78	41	.655	—
Atlanta	70	51	.579	9
New York	58	62	.483	20 1/2
Washington	57	62	.479	21
Florida	56	64	.467	22 1/2

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	70	51	.579	—
St. Louis	65	56	.537	5
Cincinnati	59	62	.488	11
Pittsburgh	56	63	.471	13
Chicago	53	68	.438	17
Houston	38	83	.314	32

WEST DIVISION				
	W	L	Pct	GB
Arizona	68	53	.562	—
San Francisco	66	55	.545	2
Los Angeles	55	64	.462	12
Colorado	56	66	.459	12 1/2
San Diego	54	68	.443	14 1/2

Yesterday's results

Arizona 5 N.Y. Mets 3

Chicago Cubs 6 Atlanta 5

L.A. Dodgers 7 Houston 0

Milwaukee 2 Pittsburgh 1 (10 ings)

San Diego 7 Cincinnati 3

San Francisco 5 Florida 2

St. Louis 6 Colorado 2

Washington at Philadelphia (ppd., rain)

Saturday Results

Arizona 6 N.Y. Mets 4

Chicago Cubs 8 Atlanta 4

Cincinnati 13 San Diego 1

Colorado 6 St. Louis 1

L.A. Dodgers 6 Houston 1

Milwaukee 1 Pittsburgh 0

Philadelphia 11 Washington 3

San Francisco 3 Florida 0

Monday Games

San Francisco (Bumgarner 7-11) at Atlanta

(T.Hudson 12-7), 7 p.m.

St. Louis (Westbrook 9-6) at Pittsburgh

(Ja.McDonald 7-6), 7:05 p.m.

Chicago Cubs (R.Lopez 3-3) at Houston (Sosa 0-1), 8:05 p.m.

L.A. Dodgers (Lilly 7-12) at Milwaukee (Wolf 9-8), 8:10 p.m.

Florida (Hensley 1-4) at Colorado (Millwood 0-1), 8:40 p.m.

N.Y. Mets (Dickey 5-11) at San Diego (Harang 11-3), 10:05 p.m.

Tuesday Games

Arizona at Philadelphia, 7:05 p.m.

Cincinnati at Washington, 7:05 p.m.

St. Louis at Pittsburgh, 7:05 p.m.

San Francisco at Atlanta, 7:10 p.m.

Chicago Cubs at Houston, 8:05 p.m.

L.A. Dodgers at Milwaukee, 8:10 p.m.

Florida at Colorado, 8:40 p.m.

N.Y. Mets at San Diego, 10:05 p.m.

BLUE JAYS 5, ANGELS 4 (10 INN.)

Los Angeles	ab	r	h	bi	Toronto	ab	r	h	bi
Bourjos cf	4	1	2	1	YEscor ss	3	1	0	0
Callasp 3b	3	0	0	1	ETHms lf	3	1	1	2
Abreu dh	4	1	2	0	RDavis ph	1	0	0	0
TrHntr rf	4	1	1	2	Teahen pr-lf	1	0	0	0
Trumo 1b	4	0	0	0	Bautist rf	4	1	3	1
V.Wells lf	4	0	0	0	Lim 1b	5	0	0	0
HKndrc 2b	4	0	0	0	Encnc dh	5	0	2	1
Aybar ss	4	0	0	0	Rasms cf	4	1	1	0
BoWlsc c	3	1	1	0	Lawrie 3b	4	0	1	1
Arenci c	4	0	0	0					
JMcDnl 2b	4	1	2	0					

Totals	34	4	6	4	Totals	38	5	10	5
Los Angeles	201	010	000	0—4					
Toronto	000	201	001	1—5					

Two outs when winning run scored.

DP—Toronto 1. LOB—Los Angeles 1, Toronto 7.

2B—Bourjos (21), Bo.Wilson (6), Rasmus (5),

Lawrie (3), Jo.McDonald (8), 3B—Bourjos (8),

HR—Tor.Hunter (15), E.Thames (7), Bautista

(34), SB—Abreu 2 (17), Lawrie (1), S—

Y.Escobar. SF—Callaspo.

Los Angeles	IP	H	R	ER	BB	SO
Haren	7	5	3	3	0	5
S.Downes H,20	1	2	0	0	0	0
Walden BS,8-34	1	2	1	1	0	1
Rodney L,2-5	1-3	0	1	1	2	1
Takahashi	1-3	1	0	0	0	0
Cecil	7	5	4	4	0	3
Janssen	1	0	0	0	0	1
F.Francisco	1	1	0	0	0	0
Rauch W,5-3	1	0	0	0	0	1
Umpires—Home, David Rackley; First, Alan Porter; Second, Rob Drake; Third, Gary Darling.						
T—2:52. A—23,355 (49,260).						

TENNIS

ATP ROGERS CUP

At Montreal

Singles

Championship

Novak Djokovic (1), Serbia, def. Mardy Fish

(6), U.S., 6-2, 3-6, 6-4.

Doubles

Championship

Michael Llodra, France, and Nenad Zimonjic (4), Serbia, def. Bob and Mike Bryon (1), U.S., 6-4, 6-7 (5), 10-5 tiebreak.

WTA ROGERS CUP

At Toronto

Singles

Championship

Serena Williams, U.S., def. Sam Stosur (10), Australia, 6-4, 6-2.

Doubles

Championship

Lizel Huber and Lisa Raymond (3), U.S., def. Victoria Azarenka, Belarus, and Maria Kirilenko (4), Russia, walkover.

CFL

WEEK SEVEN

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	7	6	1	0	182	130	12		
Montreal	7	5	2	0	222	156	10		
Hamilton	7	4	3	0	189	176	8		
Toronto	7	1	6	0	160	215	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Calgary	7	5	2	0	194	172	10		
Edmonton	7	5	2	0	173	154	10		
B.C.	7	1	6	0	167	202	2		
Saskatchewan	7	1	6	0	147	229	2		

Saturday Results

Hamilton 37 Toronto 32

Winnipeg 30 B.C. 17

Friday Result

Calgary 45 Saskatchewan 35

Thursday Result

Montreal 27 Edmonton 4

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg

Thursday, Aug. 18

Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

SOCCER

MLS

Last night's result

Houston 2 Portland 1

Saturday Results

Toronto 1 Real Salt Lake 0

D.C. United 4 Vancouver 0

Chivas USA 0 Seattle 0

Colorado 2 San Jose 1

Columbus 3 New England 1

New York 2 Chicago 2

Philadelphia 2 Dallas 2

Toronto 6

Matteo Manassero, \$36,250

J.K. Choi, \$30,250

Johan Edfors, \$30,250

Harrison Frazer, \$30,250

Jim Furyk, \$30,250

Bill Lunde, \$30,250

Ian Poulter, \$30,250

Ross Fisher, \$21,500

Yuta Ikeda, \$21,500

Brandt Jobe, \$21,500

Pablo Larrazabal, \$21,500

Seung-yul Noh, \$21,500

Andres Romero, \$21,500

Simon Dyson, \$17,500

Rickie Fowler, \$17,500

John Rollins, \$17,500

Jhonattan Vegas, \$17,500

Johnson Wagner, \$17,500

Ricky Barnes, \$16,600

Bryce Molder, \$16,600

Ryan Moore, \$16,600

Michael Bradley, \$16,033

Zach Johnson, \$16,033

Kyung-tae Kim, \$16,033

Robert Garrigus, \$15,750

Kevin Streelman, \$15,750

Peter Hanson, \$15,400

Padraig Harrington, \$15,400

Miguel A. Jimenez, \$15,400

Rory McIlroy, \$15,400

Sean O'Hair, \$15,400

Eduardo Molinari, \$15,000

Mike Small, \$15,000

Y.E. Yang, \$15,000

Paul Casey, \$14,750

Davis Love III, \$14,750

Shaun Micheel, \$14,550

Rory Sabbatini, \$14,550

Kilmarock 4 Hibernian 1

GOLF

PGA CHAMPIONSHIP

At JOHNS CREEK, Ga.

Par 70

Final round

(x—won on three-hole aggregate playoff):

x-Keegan Bradley, \$1,445,000

Jason Dufner, \$865,000

Anders Hansen, \$545,000

Robert Karlsson, \$331,000

David Toms, \$331,000

Scott Verplank, \$331,000

Adam Scott, \$259,000

Luke Donald, \$224,500

Lee Westwood, \$224,500

Kevin Na, \$188,000

D.A. Points, \$188,000

Sergio Garcia, \$132,786

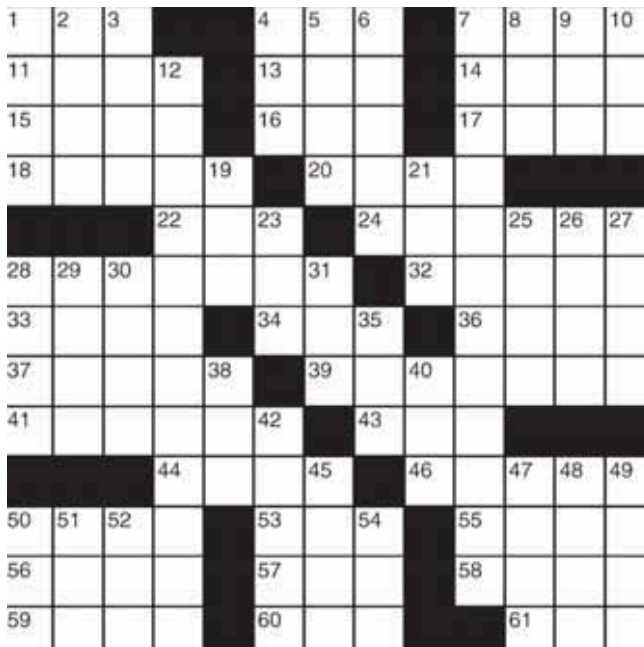
Bill Haas, \$132,786

Trevor Immelman, \$132,786

Crossword

Across

- 1 Small pellets
4 Cigar residue
7 Soft-drink flavor
11 Secular
13 Sticky stuff
14 Mountain goat
15 Norway's capital
16 Erstwhile acorn
17 Buster Brown's dog
18 Grave robber
20 Red gemstone
22 Pinch
24 Round peg in a square hole
28 3/4 time dances
32 Coast
33 Bakery employee
34 — Mahal
36 Capri is one
37 Cafeteria carriers
39 Mends old jeans, maybe
41 Old Toyota model
43 Stir-fry pan
44 Cambodia neighbor



- 5 Fly high
6 Nonsense
7 1991 movie for which Jack Palance earned an Oscar
8 Japanese sash
9 Lower limb
10 Hatchet
12 Golfers' meccas
19 Taylor or Claiborne
21 Huge
23 Favorite
25 Tuna or carp
26 Not busy
27 Ball holders
28 Skater Katarina

- 29 Land measure
30 Shakespearean king
31 Tree fluid
35 Mandible
38 Vast expanse
40 Plaything
42 Skiers' hotel
45 Winter forecast
47 Car
48 Break suddenly
49 Campsite shelter
50 Beaver's construction
51 Anger
52 Dine on

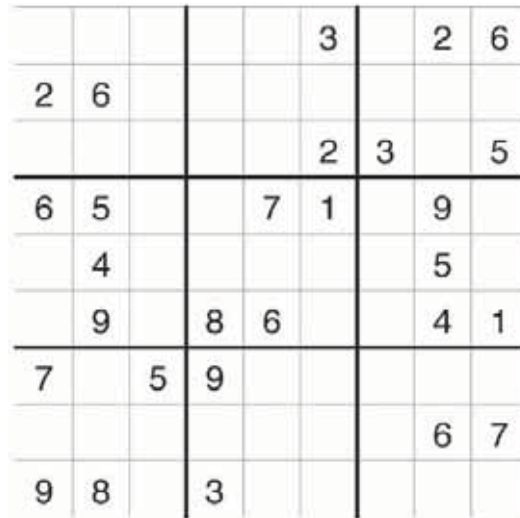
► Yesterday's answer



Down

- 1 Online journal
2 Wild party
3 Missile shelter
4 Past

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	8	3	9	2	4	7	1	5
9	1	2	6	7	5	8	4	3
5	7	4	3	8	1	9	2	6
1	5	8	2	6	3	4	7	9
2	4	6	1	9	7	3	5	8
7	3	9	5	4	8	1	6	2
8	2	7	4	3	6	5	9	1
4	9	1	8	5	2	6	3	7
3	6	5	7	1	9	2	8	4

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 1° Max 14°	Min 11° Max 21°	Min 13° Max 25°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 Speak your mind today and if others don't like what you have to say that's too bad.

♉ **Taurus** April 21-May 21 This is not an easy time of year for you but, as always, you will rise to the challenges that come your way.

♊ **Gemini** May 22-June 21 You will be at your imperious best as the new weeks begins.

♋ **Cancer** June 22-July 22 Don't commit yourself to anything that cannot be changed at a moment's notice.

♌ **Leo** July 23-Aug. 23 No matter

what problems or difficulties you may encounter over the next few days you will deal with them all with ease.

♍ **Virgo** Aug. 24-Sept. 22 You will certainly make an impression today but will it be the right sort?

♎ **Libra** Sept. 23-Oct. 23 Most people you deal with today will give you what you desire without having to be asked twice.

♏ **Scorpio** Oct. 24-Nov. 22 A door that has been closed to you in the past is at last starting to open but for some reason you seem reluctant to pass through.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec.

21 Stay calm and don't get carried away with your own success.

♑ **Capricorn** Dec. 22-Jan. 20 If your attitude is right you'll do a wonderfully good job.

♒ **Aquarius** Jan. 21-Feb. 18 Is what you are doing with your life what you want to be doing a year from now?

♓ **Pisces** Feb. 19-March

20 Break out of the rut you are in and learn to enjoy living close to the edge. **SALLY BROMPTON**

Caption contest



"This is not what I was thinking when I signed up for Plenty of Fish."

TIM



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

REALESTATE - BUYING OR SELLING EXPERIENCE COUNTS!

- 15 YEARS AS A CALGARY REALTOR
- HOMES OR COMMERCIAL PROPERTY
- EXPERIENCE COUNTS

CALL PATRICK ELLIOTT
CENTURY 21 BAMBER REALTY
403-245-0773

ATTENTION!!!

Growing acquisitions company need 4 promo reps to start ASAP!

Must be outgoing, charismatic & motivated!

We offer full benefits, advancement & travel opportunities

Call Madison @ 403-984-3209

ACE1
ADVERTISING & ACQUISITIONS INC.
www.Ace1Advertising.com

Connect with friends from any room on a free laptop.



Optik Internet™ Home Wi-Fi lets you surf wherever you want.

Bundle Optik™ TV
and Internet from

\$41/mo.*
for 6 months.

Get a free HD PVR rental and
HP laptop when you sign up†



Call 310-MYTV (6988). Go to telus.com/optik.
Or visit an authorized dealer.

 **TELUS**
the future is friendly®

TELUS AUTHORIZED DEALERS

Northwest

Beacon Hill Centre
Dalhousie Station
Market Mall
North Hill Centre
Northland Village Mall
822 Crowfoot Cres. NW
207 14th St. NW

Northeast

Country Hills Town Centre
CrossIron Mills
Deerfoot Mall
Marlborough Mall
Pacific Place
Sunridge Mall
2520 23rd St. NE
2000 McKnight Blvd. NE
323-2555 32nd St. NE
1353 32nd Ave. NE

Southwest

Bankers Hall
Bow Valley Square
Chinook Centre
Southcentre Mall
TD Square
Westbrook Mall
West-Hills Towne Centre
6039 Centre St. S
835 17th Ave. SW
16061 MacLeod Trail S
6100 MacLeod Trail S
4623 Bow Trail SW
321 6th Ave. SW
2008 33rd Ave. SW

Southeast

Dragon City Mall
Quarry Park
TELUS Convention Centre
33 Heritage Meadows Way SE
3012 17th Ave. SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
8500 Macleod Trail SE
4949 Barlow Trail SE
5222 130 Ave. SE

Strathmore

55 Wheatland Trail
331 3rd Ave.

Okotoks

31 Southridge Dr.
118 Elizabeth St.

Offers available until November 1, 2011, to new TELUS clients who have not subscribed to TELUS TV and Internet service in the past 90 days. *Offer includes Optik TV Essentials and Optik High Speed Internet. Regular bundle rate of \$65/month starts on month 7 for Optik TV and Internet. †Free HD PVR rental offer available on a 3 year Optik TV term; current rental rates will apply thereafter. A cancellation fee applies for early termination of the service agreement and will be \$10 multiplied by the number of months remaining in the term. Free HP laptop available on a 3 year Optik TV and Internet service agreement. A cancellation fee applies for early termination of the service agreement and will be \$17 multiplied by number of months remaining in the term. Laptop offer available while quantities last. Manufacturer's suggested retail price of the HP Pavilion G6 laptop is \$599.99. TELUS and Hewlett-Packard Development Company, L.P. reserve the right to substitute an equivalent or better laptop without notice. HDTV input equipped television required to receive HD. Final eligibility will be determined by a TELUS representative at point of installation. Minimum system requirements apply. TELUS, the TELUS logo, Optik, Optik TV, Optik Internet and the future is friendly are trademarks of TELUS Corporation, used under licence. HP is a registered trademark of Hewlett-Packard Development Company, L.P. © 2011 TELUS.